

Standardized Recipe Form

Recipe Name Spaghetti Salad

Category Entrée

Recipe # _____

Process: 2

(1= No cook; 2= Cook and same day serve; 3= Cook, cool, reheat, serve; 4= SOP controlled)

Ingredients * Indicates a commodity item (Local) Indicates a local vegetable when in season	Servings		Directions: Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Spaghetti, whole wheat, enriched, dry* Spaghetti, white, protein-fortified, dry Broccoli, raw, chopped (Local) Cauliflower, raw, chopped (Local) Olives, ripe, canned Tomatoes, plum, Italian, raw (Local) Pepper, sweet, green, raw, chopped (Local) Peppers, sweet, red, raw, chopped (Local) Dressing, low calorie Italian	9 oz 1 lb 3 ¼ oz 1 lb 10 2/3 oz 1 lb 4 ¾ oz ¼ #10 can 14 7/8 oz 1 Tbsp + 1 3/8 tsp 1 Tbsp + 1 3/8 tsp 1 qt + 1 7/8 cup	1 lb + 1 7/8 oz 2 lb + 6 ½ oz 3 lb + 5 1/3 oz 2 lb + 9 ½ oz ½ #10 can 1 lb + 13 5/8 oz 2 Tbsp + 2 7/8 tsp 2 Tbsp + 2 7/8 tsp 2 qt + 3 ¾ cup	The salad is made in batches. The amounts listed should be made in 4 batches. 1. Cook spaghetti in boiling water until al dente texture 2. Noodles should be rinsed in cold water until cool. Drain. 3. Chop/dice all vegetables including olives and add to the cold spaghetti. 4. Add one gallon of Italian dressing to each batch and stir to mix 5. Portion salad into clear cambro containers with grip lids for transport. Keep chilled. Note: Salad will gain in flavor if mixed and allowed to marinate a couple hours before serving.

Serving Size ½ cup

Pan Size _____

Yield _____

Number of Pans _____

Meal Pattern (Based on Serving Size): _____

_____ Meat/Meat Alternative

0.4 cup Fruit/Vegetable

.25 cup Grains/Breads

Oven Temperature & Baking Time:

Temperature _____ Minutes _____

Conventional _____

Convection _____

If available, **Nutrition Analysis:** **Serving Size:** ½ cup

85 Calories 0.12 Saturated Fat (g) 17.37 Vitamin C (mg)

3.66 Protein (g) 555 Sodium (mg) 195 Vitamin A (IU)

1.88 Total Fat (g) 1.57 Fiber (g) 17.90 Calcium (mg)

25.7 % Calories from Total Fat 0.95 Iron (mg)

This recipe is from Cindy Giese, Lewistown Public Schools, Lewistown, Montana.